



## GOVERNMENT DEGREE COLLEGE (WOMEN)

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# WITH THE GRANTS OF PM - USHA UNDER GIEI SCHEME WORKSHOP ON Stress Management & Mindfulness Techniques

DATE: 07-01-2026

### Resource Person

G RAMADEVI  
DIRECTOR  
DDS EXPO PVT LTD

### Conducted By

 **JS SKILL  
SOLUTIONS**

### Organised By

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